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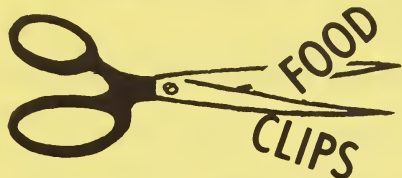
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Food and Home Notes

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(new filmstrip available)
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Chicken and turkey are excellent sources of high quality protein. They also provide iron, thiamin, riboflavin, and niacin, according to the Agricultural Research Service at USDA.

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Most cornish game hens, roasting chickens and capons have enough fat to brown well at a moderate roasting temperature.

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Geese are generally marketed young; reason -- because weight gained after the first 11 weeks is mostly in the form of fat.

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Where can you find the inspection circle of USDA and the grade mark on poultry? It may appear on the wing tip, giblet wrap, package insert, or label -- or even on the wrapper.

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If poultry is to be broiled or roasted in pieces -- split it down the back and cut into halves through the breastbone,

SAVE ENERGY

---How To: Conserve at Home

You can conserve energy and reduce costs in the home. Did you know that extra frost in your refrigerator cuts down on the cooling power of the coils? That means more current is needed to keep the refrigerator cool.

How many times a day do you fill the sink with hot, soapy water for dishwashing? Rinse and wash dishes just once a day -- you'll save.

Light colors reflect light and could save energy and cut costs. Think of that if you're considering a paint job on the interior of your house. The colors you select can make a difference -- those light colors actually do reflect light.

A new U.S. Department of Agriculture slide set titled "Energy: Use it Wisely around the Home" has just been released to show consumers how to conserve energy and also to reduce expenditures. The 60 frame slide set can be purchased for \$18.50 from the Photography Division, Office of Communication, USDA, Washington, D.C. 20250. Order the filmstrip for \$11.50 from Photo Lab, Inc., 3825 Georgia Ave., N.W., Wash., D.C. 20011.

PROTEIN ENRICHED ---sugarless bread

Bread without sugar. It's highly nutritious and protein-enriched (with soy) -- and has the same "eye appeal" as bread now being marketed. This points up one of the latest advances in making bread, according to Karl F. Finney, a Cereal Chemist and Merle D. Shogren, Food Technologist with the U.S. Dept. of Agriculture's Agricultural Research Service.

The new formula eliminates excessive browning and thickness of crust -- two problems connected with other sugarless formulas. Sugar converted from starch by cereal malt enzymes supports production of carbon dioxide for leavening, the function of sugar added in the conventional formula.

Ten percent of the wheat flour is replaced with soy flour in this formula and another 4 percent of soy grits are added. In addition to eliminating commercial sugar, part of the shortening is replaced with the more effective sucrose palmitate and regular oxidants are replaced with ascorbic acid.

Wheat protein is deficient in the essential amino acid lysine, according to the scientists. Adding high levels of a protein supplement such as soy flour improves the nutritive value of wheat flour by increasing both total protein content and the amount of lysine. The protein content of the bread with the new formula is increased about 50 percent, and the concentration of lysine is almost tripled. The proteins in bread baked with soy-enriched wheat flour are nearly comparable in quality with milk and meat proteins, it was reported.

In making 10,000 one-pound loaves of this type of sugar-free white bread it's possible to save 1,500 pounds of sugar. This new formula contains about 13.5 percent protein, compared with only 9 percent protein in conventional bread containing no milk solids.

A LITTLE ABOUT...Plant Proteins

About one third of the food-grade proteins used in the United States now come from plant proteins, according to Dr. Kermit Bird, Head, Nutrition Programs Group, Food and Nutrition Service of USDA. Two thirds of the food-grade proteins used now comes from animal foods.

In 1970, the United States obtained about 31% of its proteins from red meats; 11% from poultry meats -- 19% from dairy products, 5% from eggs and 2% from fish. Flour and cereal products provided 19% and nuts and legumes 5%.

Within the next two decades, it is possible that two-thirds of our food-grade proteins may come from plant-derived sources. If the change is gradual and if we have good quality plant proteins, available for use, this transition may not be difficult.

Plant proteins with the greatest growth pains will be soybeans, cottonseed, corn, peanuts, dry beans, peas, and lentils -- and even safflower, sesame, and sunflower. Cereal and flour now provide about 60% of our plant proteins.

However...plant proteins will not completely replace animal proteins because...

- 1/ Animal proteins have an essential amino acid balance that supplements the amino acids of plant proteins. Most plant proteins are low in at least one of the eight essential amino acids whereas animal proteins have a more completely balanced protein.
- 2/ Animal protein foods have palatability levels superior to those of presently used plant protein foods, and can help increase the palatability acceptance of plant protein foods. Actually, soy protein foods have improved considerably in their taste profiles in the past few years, and further taste improvement may be expected.

Plant Proteins (con't)

- 3/ Tastes and eating habits change slowly. Americans are use to eating animal products and we will not quickly change to other foods.
- 4/ Animal-derived foods are high-status food. Appeal goes beyond nutritional needs, palatability and eating habits.

Many consumers will continue to purchase animal foods even though their protein prices may be high relative to plant-derived proteins. However, economic pressures of the marketplace will force many consumers to choose the cheaper plant proteins.

Everybody into the pool.....into a car pool! One third of all car travel is to and from work. Most of it involves only one person per car. A car pool or public transportation will help your budget too. You'll save on gas, car mileage, bridge and highway tolls, and parking fees. There will be less air pollution, noise pollution and traffic congestion. Nationwide gas savings could run into millions of gallons each day, according to USDA's Forest Service.

Remember the power you spare--will help clean the air. So join Woodsy Owl and "Give A Hoot -- Don't Pollute." Please.

If you have a "Hoot" idea, send it with documentation to Woodsy Owl, USDA Forest Service, Room 3224, South Agricultural Building, Washington, D.C. 20250.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.
